

Traditional approach	Recovery approach
Values and power arrangements	
(Apparently) value-free	Value centred
Professional accountability	Personal responsibility
Control oriented	Oriented to choice
Power over people	Awakens people's power
Basic concepts	
Scientific	Humanistic
Pathology	Biography
Psychopathology	Distressing experience
Diagnosis	Personal meaning
Treatment	Growth and discovery
Staff and patients	Experts by training and experts by experience
Knowledge base	
Randomised controlled trials	Guiding narratives
Systematic reviews	Modelled on role models
Decontextualized	Within a social context
Working practices	
Description	Understanding
Focus on the disorder	Focus on the person
Illness-based	Strengths-based
Based on reducing adverse events	Based on hopes and dreams
Individual adapts to the programme	Provided adapts to the individual
Rewards passivity and compliance	Fosters empowerment
Expert care coordinators	Self-management
Goals of the service	
Anti-disease	Pro-health
Bringing under control	Self-control
Compliance	Choice
Return to normal	Transformation